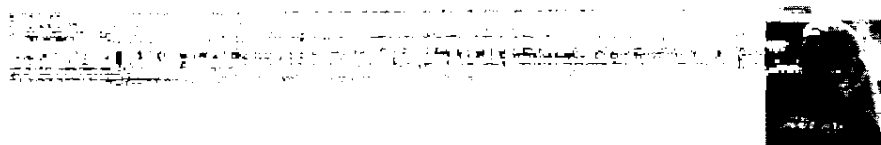



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Following Through

Now that you've chosen your smoking cessation method, make sure you include a support program to change your smoking behavior.

The American Cancer Society offers programs to help you through your quit attempt. Call 1-800-ACS-2345 for more information, or contact your local office. If you have chosen a nicotine replacement therapy, there are now cessation support programs available with the over-the-counter therapies.

To cope with cravings, practice the 4Ds:

DEEP breaths. Slowly inhale and exhale.

DRINK lots of water throughout the day (especially during a craving).

DO something else to get your mind off the craving. Call a friend, go for a walk, chew on a carrot stick.

DELAY reaching for a cigarette. The urge will pass.

The Three Phases of Quitting:

1. [▶ Deciding To Quit](#)
2. [▶ Preparing To Quit](#)
3. [▶ Following Through](#)

[The Complete Guide to Quitting](#)

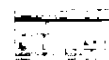
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